

Red Zone strategies to encourage at home

Talk to an adult

Wrap your arms around yourself and Squeeze.

Write down what's bothering you and rip it up

Squeeze a stress ball

Talk about it

Take deep breaths

Take time out

Do stretches

Hug a teddy



Yellow Zone Strategies to encourage at home

Breathing techniques

Relaxing exercise e.g
Yoga/ Stretches

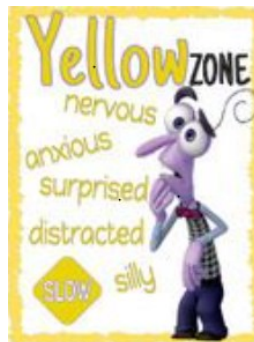
Take time out

Listen to calming music

Keep a journal

Make a worry monster

Meditation



Blue Zone Strategies to encourage at home

Get up ,get showered ,get dressed

Listen to some upbeat music

Talk to a friend

Do something creative

Go for a walk

Plan a fun activity

Do some exercises

Play with a pet



Green Zone strategies to encourage at home

Self care, take a relaxing bath

Organise clothes for school the night before

Spend time with family and friends

Take time out to do something you love to do

Get 8 hours sleep

Drink plenty of water

Eat a balanced diet



Pye Bank CE Primary School

The **ZONES** of
Regulation®

At Pye Bank Primary School, we recognise the importance of promoting positive mental health and emotional wellbeing to our students and their families.

We aim to create an open culture around the discussion of mental health and wellbeing and to empower our children be able to regulate their emotions.

By implementing the Zones of Regulation curriculum we aim to teach our pupils to identify emotions in themselves and others and provide them with strategies to help regulate their emotions and improve their wellbeing.

**A Guide for
Parents /Carers**

What are the Zones of Regulation

The Zones of Regulation is an internationally renowned intervention which helps children manage their emotions. At Pye Bank Primary we use the Zones of Regulation throughout the whole school. The zones provide a framework for our children to develop self-regulation. Children learn to identify emotions, recognise events that might make them move to a different zone and use the tools they have learnt to help them remain or move to a particular zone to help them regulate how they are feeling .

What are the different Zones

The Zones of Regulation categorises states of alertness and emotions into four coloured zones:



The Green Zone is used to describe a regulated state of alertness. A person may be described as calm, happy, focused or content when in the Green Zone. This is the zone

children generally need to be in for school work and for being social.



The Blue Zone is used to describe low states of alertness, such as when one feels sick ,sad ,tired or bored . This is when one's body and or brain is

moving slowly or sluggishly.

YELLOW ZONE



The Yellow zone is used to describe a heightened state of alertness; however ,a person still has some control when in the Yellow Zone . A person may be experiencing stress,frustration,anxiety, excitement ,silliness, nervousness or confusion.





















RED ZONE



The Red Zone is used to describe extremely heightened states of alertness or very intense feelings. A person may be experiencing anger, rage explosive behaviour, panic terror or elation when in the red Zone . Being in the Red Zone can best be explained by not being in control of one's body.

How your child will learn about the Zones of Regulation

We use the Zones through teaching and our PSHE curriculum. We also use the zones language as part of daily school life, so all staff will refer to them. Your child will be encouraged to think about the different strategies they can use .

 Green Zone	 learn	 play	 help others	 happy thoughts
 Blue Zone	 stretch	 talk	 drink	 walk
 Yellow Zone	 squeeze	 deep breath	 wiggle	 talk
 Red Zone	 calm place	 ask for help	 talk	 deep breath

What can parents do to support Zones of Regulation at home

- ◆ Talk about your own feelings using zones language in front of your child (e.g. "I'm feeling frustrated because..... , I am in the Yellow Zone.")
- ◆ Talk about which tool you will use to be in the appropriate zone (e.g. "I'm going to go for a walk as I need to get to the Green Zone.")
- ◆ At times, wonder which zone your child is in. Or, discuss which zone a character in a film / book might be in. (e.g.: "You look sleepy. Are you in the Blue Zone?")
- ◆ Provide positive reinforcement when your child is in the Green Zone and if they make efforts to stay in the Green Zone. Eg. "I can see you are working really hard to stay in the Green Zone by..."
- ◆ Label which zones your child is in throughout the day (e.g. "You look sleepy, I wonder if you are in the Blue Zone?")
- ◆ Teach your child which zone tools they can use (e.g. "It's time for bed, let's read a book together to get to the Blue Zone.")
- ◆ Have regular check-ins. "How are you feeling now?" and "How can you get back to Green?"